

# WARTBURG BASEBALL INSTRUCTIONAL WINTER HITTING LEAGUE

The Wartburg Knight's indoor **Hitting League** is forming now! Divisions are formed according to the grades of the players. Division A – 5th and 6th graders, Division AA – 7th, 8th, and 9th graders, and Division AAA – 10th, 11th, and 12th graders. Each hitter will rotate through six 15-minute stations with a live cage segment consisting of each hitter getting six pitches per at bat and six at bats per game. The live cages are marked with scoring areas and points are accumulated by hitting into designated areas. The hitters will complete their work by rotating through a series of five other stations focused on hitting fundamentals, video analysis, and offensive strategies.

Wartburg's Hitting League will have an emphasis toward quality instruction while using team and individual competition as a tool for motivation. **Cost of the league is \$95 per individual.** We encourage individuals as well as teams to sign up. Prizes will be awarded to the top teams in each division and recognition will be given to the outstanding hitting leaders in each division. The league will run on the following **Sunday afternoons/ Monday nights: Nov. 15/16 and 22/23; Dec. 6/7, 13/14, and 20/21; Jan. 3/4, 10/11, and 17/18.** The league will consist of three sessions. **Session I** will run from **1 to 2:30 p.m. on Sunday.** **Session II** will run from **2:45 to 4:15 p.m. on Sunday.** **Session III** will run from **7:00 to 8:30 p.m. on Monday.** Because we want to keep the quality of instruction at a high level, we will limit the number of individuals per session to 24 or 6 teams.

### The Knights Baseball Winter Hitting League offers:

- One convenient location – The Wartburg-Waverly Sports & Wellness Center located on the campus of Wartburg College. We will be using the field house and the four drop-down cages in this \$35 million facility.
- Personalized instruction by Wartburg baseball staff and players.
- Weekly posting of updated team and personal standings.
- Each player will receive a league T-shirt.
- A chance to be involved in pitching league also, because divisions for both camps will run at opposite times.

**Registration deadline is Wednesday, Nov. 11.**

Please send completed registration along with \$95 per player to:

**Joel Holst – Head Baseball Coach**

**Wartburg College**

**100 Wartburg Blvd**

**PO Box 1003**

**Waverly, IA 50677-0903**

If you have any questions, call the Wartburg Baseball Office at 319-352-8532

## KNIGHTS BASEBALL WINTER HITTING LEAGUE REGISTRATION

Name \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ E-mail address \_\_\_\_\_

Registering as:  Individual  Team Team Name \_\_\_\_\_

Members of Your Team: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

(IF REGISTERING AS AN INDIVIDUAL YOU WILL BE ASSIGNED TO THREE OTHER INDIVIDUALS OF SAME AGE TO MAKE UP A TEAM)  
(ALL INDIVIDUALS OF TEAMS NEED TO COMPLETE THIS REGISTRATION FORM!)

Preference:  Session I (1 - 2:30 p.m.)  Session II (2:45 - 4:15 p.m.)  Session III (7 - 8:30 p.m.)

T-shirt size (adult sizes) please circle one: Small Medium Large X-Large

### PARENT RELEASE

We (I) hereby give our (my) permission to Wartburg Baseball to provide medical attention to our (my) child \_\_\_\_\_ in the event of injury or illness. We (I) hereby release Wartburg College, league workers, and all its employees from all claims resulting from any injuries that may be sustained by our child while attending the Wartburg baseball hitting league. We (I) also certify that our (my) child is medically fit to participate in the league and that we (I) will be responsible to any medical or other charges in connection with attendance at the league.

Date \_\_\_\_\_ Signed (parent/guardian) \_\_\_\_\_ (parent/guardian) \_\_\_\_\_

Home phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

